



FEBRUARY 2012

GO RED FOR WOMEN Feb 3

Be sure to wear RED on Feb. 3 to raise awareness that Heart Disease is the #1 killer of women. Join us at the UK Extension Office for a FREE lunch from 11:30-1pm. Free lunch, health screenings, prizes & more! **FREE!** Reservations Required – call 633-4593



DANCE YOUR HEART OUT ZUMBA PARTY

Feb 24 – Settle Gym is THE place to be for Fun, Fitness and Fundraising. We are joining forces with Curves and the FAC to host a county-wide Zumba party with vendors for shopping, Zumba from 6-7:30pm, and raffle prizes! Make it a night out and support Am. Heart Assn with your \$10 donation for the event. Tickets on sale now!

GROUP EXERCISE CLASSES

*Classes are FREE to members unless noted.
Guest Fee for Weekly Classes - \$7 / CLASS*

Interval Challenge - Mondays @ 4:45pm

This class includes cardio, strength and core all in a circuit or interval format. 45-60 mins.

Zumba – Mondays @ 6:30pm & Thursdays @ 5:30

Ditch the workout & Join the Party! Combining Latin music and dance steps for a sweating, fun workout. Zumba is a 60-minute pure dance explosion.

Sculpt Fusion Wednesdays @ 4:45pm

Join Karen for a great challenge to muscle and heart! Combining muscle-toning with 30-second bursts of high intensity cardio, you'll get your sweat on and your body sculpted! 45-60 mins.

Tai Chi Wednesdays @ 5:30pm

Peggy leads this ongoing class through Feb.15. New series will begin in March. Join anytime!

PiYo - Thursdays @ 6:30pm

Attain better posture, ease of movement, strength & muscle tone, and improve your balance! Combining Pilates and Yoga, Carolyne will lead you toward a healthier, more active YOU! Please bring your own yoga mat.

WEEKEND WARRIOR – Saturdays @ 9am

Combine cardio & toning for a 45-60 minute fat-burner sure to help keep your fitness resolutions on track!



Check for Holiday & Weather Class Changes on Facebook & on update board in gym

We will not hold regular classes on Presidents' Day Monday Feb. 20

THE 90-DAY CHALLENGE IS COMING!

Watch for Displays in the Fitness Center
Weight Loss, Better Nutrition, & Energy!

PERSONAL TRAINING GROUPS



BALANCE BOOSTERS

Tuesdays & Thursdays @ 9am (Ron)

Develop better posture, better balance and stronger bodies with a focus on balance and fall prevention. 7-sessions begin Feb. 7

COST: \$35 members & \$49 guests for the series. Drop in fee is \$5 members & \$7 guests Minimum enrollment required – spread the word!

BOOT CAMP

Tuesdays & Thursdays @ 8am (Terri)

Kick start the day with a vigorous workout! This group will be limited to 5 members. Get Going with Terri!
COST: \$10 / members & \$12 / guests. Sign up with a friend and receive a discount! Ask Terri for details.

MORNING FITNESS

Mondays, Wednesdays & Fridays @ 9am (Ron)

Great way to start the day! Ron leads a circuit class combining cardio, strength training and flexibility in small group personal training format. Begins Feb. 6.
Drop In: \$7 / class... Prepay: \$50 mbrs / \$70 guests

SHELBY SHAPE UPS

Mondays, Wednesdays & Fridays @ 10am (Genni)

This armchair & standing fitness class combines gentle movement, strength, balance and flexibility to give you more energy, ease arthritis and improve overall health. Held at UK Extension Office on Frankfort Road. Begins Feb. 6. Cost is \$20 for 6 week series Minimum enrollment required – spread the word!



FREE KETTLEBELL WORKSHOP

Tuesday Feb. 21 @ 5:30pm

Join Terri for this small group training.
Sign up required

FREE TRX WORKSHOP

Thursday Feb. 23 @ 5pm

Join Terri for intro to TRX suspension form & control. We recommend all members work with a trainer prior to using the TRX.
Sign up required



VENDORS WANTED FOR CHARITY EVENTS!

WE ARE SPONSORING 2 EVENTS OFFERING A MARKETPLACE. FEB. 24 ZUMBA PARTY (ABOVE) AND MARCH 31 IS THE RELAY FOR LIFE PAGEANT & MARKET AT COLLINS HS.
\$25 DONATION TO PARTICIPATE. ASK PEGGY FOR DETAIL S